

Fudge Meltaways

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Three Sisters Cookbook - Alexander City, AL

Yield: 48 squares

1/2 cup butter
1 square (1 ounce) unsweetened chocolate
1/4 cup sugar
1 teaspoon vanilla
1 egg, beaten
2 cups graham cracker crumbs
1 cup coconut
1/4 to 1 cup chopped pecans
1/4 cup butter
1 tablespoon milk
2 cups confectioner's sugar
1 teaspoon vanilla
3 to 4 squares chocolate

In a saucepan, melt 1/2 cup of butter and one square of chocolate. Blend in the sugar, vanilla, egg, crumbs, coconut and nuts. Mix well. Press into the bottom of an ungreased 11-1/2x7-1/2x1-1/2-inch baking dish or a nine-inch square pan. Refrigerate.

In a bowl, mix 1/4 cup of butter, the milk, confectioner's sugar and vanilla. Spread over the crumb mixture. Chill.

Melt three to four squares of chocolate and spread over the chilled filling. Chill again.

Cut into fifty squares before completely firm. Keep refrigerated.

Per Serving (excluding unknown items): 4225 Calories; 252g Fat (51.8% calories from fat); 31g Protein; 498g Carbohydrate; 23g Dietary Fiber; 587mg Cholesterol; 2536mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 49 1/2 Fat; 23 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 4225 | Vitamin B6 (mg): | .3mg |
| % Calories from Fat: | 51.8% | Vitamin B12 (mcg): | .9mcg |
| % Calories from Carbohydrates: | 45.4% | Thiamin B1 (mg): | .7mg |
| % Calories from Protein: | 2.8% | Riboflavin B2 (mg): | 1.1mg |
| Total Fat (g): | 252g | Folacin (mcg): | 95mcg |
| Saturated Fat (g): | 144g | Niacin (mg): | 9mg |
| Monounsaturated Fat (g): | 79g | Caffeine (mg): | 114mg |
| Polyunsaturated Fat (g): | 15g | Alcohol (kcal): | 25 |
| | | | 0.0% |

| | |
|--------------------|--------|
| Cholesterol (mg): | 587mg |
| Carbohydrate (g): | 498g |
| Dietary Fiber (g): | 23g |
| Protein (g): | 31g |
| Sodium (mg): | 2536mg |
| Potassium (mg): | 1251mg |
| Calcium (mg): | 192mg |
| Iron (mg): | 14mg |
| Zinc (mg): | 7mg |
| Vitamin C (mg): | 3mg |
| Vitamin A (i.u.): | 5548IU |
| Vitamin A (r.e.): | 1372RE |

% Refuse:

Food Exchanges

| | |
|----------------------|--------|
| Grain (Starch): | 9 1/2 |
| Lean Meat: | 1 |
| Vegetable: | 0 |
| Fruit: | 1 |
| Non-Fat Milk: | 0 |
| Fat: | 49 1/2 |
| Other Carbohydrates: | 23 |

Nutrition Facts

Amount Per Serving

Calories 4225 **Calories from Fat:** 2187

% Daily Values*

| | |
|---------------------------------|------|
| Total Fat 252g | 388% |
| Saturated Fat 144g | 718% |
| Cholesterol 587mg | 196% |
| Sodium 2536mg | 106% |
| Total Carbohydrates 498g | 166% |
| Dietary Fiber 23g | 93% |
| Protein 31g | |
| <hr/> | |
| Vitamin A | 111% |
| Vitamin C | 6% |
| Calcium | 19% |
| Iron | 79% |

* Percent Daily Values are based on a 2000 calorie diet.